

AUGUST 2013

# fao Casa gazette

ST-4664

Mis-Shipment of personal effects by cargo

Food and lifestyles – people making choices

Georgia and Armenia:  
Crossroads of Europe and Asia

Ikebana workshop

Recipes:

Cocktail Mojito

Sorrel Karkade

Linguine pasta with mussels

Armenian nutmeg cake



# fao Casa gazette

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Croatian Beaches

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Typewritten electronic contributions for the FAO CASA Gazette are welcome. These can be in English, French, Italian or Spanish - articles, poems, drawings, photographs, etc. in fact anything interesting that staff members and/or their families in Rome or the field may like to contribute. No anonymous material will be accepted, and the Editor reserves the right to choose and/or reject material that is not in keeping with the ethics of the Organization. Send contributions electronically to the Editor at FAO-STAFF-Coop@fao.org or leave signed copies with the COOP Office on the ground floor of Building E. The deadline for editorial material is due on the 1<sup>st</sup> of the month preceding the date of issue. The Editor may schedule articles according to the priorities and editorial requirements of the FAO Staff COOP. The FAO CASA Gazette is published every month.

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## Mis-Shipment of personal effects by cargo –destination Port-of-Spain – Effective Port of Arrival Shanghai .. A Holiday misadventure

by Edith Mahabir



There are no direct flight connections from Rome to Port-of-Spain, capital of Trinidad and Tobago, hence for the past 40 years I have tried different airlines and routes to get home when I decide to visit my family and/or friends in the Caribbean . So I am well acquainted with flights to Caracas (flying Alitalia, Swissair, Lufthansa ...) then connecting with Aeropostal, old BWIA or Caribbean Airlines to get to my final destination. OR via New York or Maiami with American Airlines, Delta, etc., but with longer flights and hours waiting for connections.

However in the past ten years I have become more or less a habitual frequent world traveller via London with good old British Airways which flies to Port-of-Spain several times a week from Gatwick. A good way also to earn useful travel miles. There are several flights daily from Fiumicino Rome to Gatwick

where Hotel Sofitel is walking distance from Arrivals terminal and dinner at Sofitel's Oriental Restaurant is a must for me, then the Continental breakfast keeps me going for the entire 8-hour flight to the Caribbean (as i try to avoid eating and drinking on the plane to keep my stomach quiet – even though I always have travel sickness pills Graval in large quantities – better not risk it) i often wonder how our FAO and WFP colleagues manage on those frequent flights for duty ... One of my ex-directors had told me that he had a good meal before leaving for the airport and then did not eat again until he reached his destination. And that system always worked for him. I must admit though that the special diabetic meals which I normally get on British Airways flights are normally good and varied – except for the salmon sandwiches for tea which i normally decline so as not too push my luck too far!

Naturally like any true Caribbean traveller with a large family I always have a lot of luggage, at least two suitcases unmistakable with the orange tags marked HEAVY ... This time I was going to Trinidad for over a month hence the luggage situation was a bit dramatic, in addition to the numerous gifts, I needed a lot of clothing, several pairs of shoes and sandals, handbags, specific toiletries and shampoos which I knew I would not get back home recommended by my dermatologist here. I was going to visit and take care of a convalescing sister who had spent three months in hospital and had little appetite So i also had to take some De Checco and Voiello pasta, Cirio tomato and dried rosemary and mint herbs to make sauces and condiments ( my sister also asked me to take along the prepared aglio, olio and peperoncino for our Parish priest who had studied in Rome and loved that. Why carry plum tomatoes in cans from Italy when you can find a Canadian product in supermarkets in T&T? Because that product is extremely sour and very expensive ... and does not give good results. So, I opted to pack important things like 30-month old Parmesan cheese, gifts for my family, etc. in my two parmesan suitcases and ship 3 boxes separately with a cargo company containing my clothing, shoes, pasta, cans of tomato, beach wear, diabetic strips and needles to measure blood sugar levels, an extra set of eye drops and medicines I habitually take. I was confident that those boxes would arrive in Port-of-Spain about 4 days maxivum after I myself got there. ... I had never had any problems or delays with shipments to the Caribbean ... as they say there is always a first time!

Normally ServissAir which deals with this type of cargo shipment would call to say that your shipment had arrived. After not hearing anything from them 7 days after my arrival and now running out of clean clothing - my sisters all wear larger sizes than me and only a neice wears th esame size shoes .... however slippers and shoes unsuitable for my diabetic feet. I decided to call Servissair to enquire giving them the Air Waybill number but I was advised that they had not received any shipment in my name nor was there any listed on any BA flight arriving in the coming week! What! My only option was to call my family in Rome and ask them to investigate with the Cargo company ... who were very apologetic and promised to investigate right away. They discovered that at Gatwick airport in London my boxes - clearly labelled Trinidad and Tobago - had been instead sent on a plane going to Shanghai, China!! British Airways sent an official apology stating that they regretted there was another problem - in Shanghai due to a holiday and other internal issues they would only be able to issue another Air Waybill on 10 June to permit the boxes to return to London and then on to Port-of-Spain. I then decided to call the company myself from Trinidad and explained





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*Piarco Airport Port-of-Spain Trinidad & Tbago*

that the boxes contained my medication and other diabetic material and that I needed them urgently – they said that they would inform the Agents in Shanghai about that. It evidently worked since the 3 boxes actually arrived in Port-of-Spain on 10 June itself and had been delivered to the Servissair people whose offices and warehouses are about 7-9 minutes drive from the Piarco Arport itself.

I was informed by telephone and the next day decided to go and collect them at Servissir. I was accompanied by my pregnant neice and her husband. We arrived at the Servissair place around 6.00 P.M. There was a teller to whom I explained that I was there to collect my boxes which had arrived the day before. She asked me to pay TT\$280.00 which was the fee for the storage of one night, gave me a receipt in my sister's name – I had addressed the boxes to myself Edith Mahabir c/o Florence Mahabir. Followed by her address. I pointed this out to the teller – to which she replied that it was not important I just had to listen for the announcement when

they would call Florence Mahabir and I should go in the warehouse – there was door with no handle which only opened from the other side ...but in the meantime should take a seat in the adjoining waiting room. After sitting there for 1 hour 15 minutes i got up and enquired if there was a problem and should I return the next day as I had a tired pregnant woman waiting for me ..... the young teller went inside to enquire. Soon the handle-less door opened and a very nasty woman put her head out and intimated that we just had to wait until we were called! I thought that she was rather obnoxious and discourteous but held my peace as I thought to myself that "if she was the one who will be dealing with my shipment then she would probably make me pay a lot to clear my clothing and the cans of Polpapiu Cirio and De Checco pasta ... so I held my tongue and did not say anything...

Finally about half an hour later I heard Florence Mahabir being called ... so I pushed the door ... and it opened and went in.





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To my great relief I saw my boxes were being dealt with by a gentleman further along and not that “bitch” as I had already renamed her. The gentleman asked whether they were indeed my boxes and if I had packed them myself and what were the contents. I responded that I had packed them myself, told him about the misdirection to Shanghai two weeks earlier and gave him a fairly accurate description of the contents. He handed me a sharp blade and indicated one of the two smaller boxes telling me to open it. It was turned upside down and I cut open the tape and when I opened it the first thing which appeared was a 2013 Calender with pictures of the last 12 Popes – a gift for Florencia – I lifted that and underneath was my clothing and shoes. He just briefly lifted some of the clothing and glanced at them – I froze as right in there was a white box which he ignored but I trembled in case he opened it – inside was a beautiful silver picture frame which was a wedding gift for a niece. He did not seem to notice and told me I could close the box. I did not have to open the other two. He wrote something on the PC and then made out a no-carbon required receipt with several

copies for TT\$10.00(€1,20) which I had to pay. Tutto qui? I felt elated that I did not have to pay a lot but it was not over yet...

He asked whether I had transportation –I replied that I did ... he then explained that their cashier had gone off duty at 7.00 P.M and hence I had to go over to the airport, go inside to where the Customs section was and pay the 10.00 to the cashier there and then return with the receipt which would be recorded and the boxes would then be released. There was another person there in the same position who also had to pay the same amount as me at the airport and return. So off we went to our cars. My pregnant niece burst out laughing – she herself works as a Customs Officer at the port in San Fernando ... She called her mother to put her little daughter to bed after supper as we would be late returning. How true that turned out to be!

I arrived at the Cashier window in Customs at 8.03 P.M.and placed the receipt and my \$10.00 on the counter – happy that I had the exact amount. The gentleman behind the counter excused himself explaining that he was off duty as of 8.00 P.M and had already logged off and closed his accounts in the system and could not re-open it. He explained that the other cashier would arrive at 09.00 P.M. and that I would have to wait until then in order to pay my bill. I was astounded and tried to convince him to re-open the accounts and accept the payment but he just said that it was more complicated than that and once he had logged off at the end of his shift he



could not log on again. He also explained that if he accepted the payment he would have to scan the receipts also for the records. OK , so we had one hour to wait ... we decided to go to MacDonalds at the neighbouring village and have something to eat – taking our time to pass the hour and going over the sequence of events. We arrived promptly at the Cashier's window at 9.00 PM but there was no one in sight on the other side of the glass window and counter and the door was also locked. Nearby a lady Customs Officer was examining the luggage of passengers who had just arrived on a flight and who had witnessed the scene at 8.00 PM so she knew why we were there – when asked where the cashier was – she said she had not seen her arriving and asked another colleague if he had seen the Cashier. Negative response. In the meantime another one approached and told us to go and wait outside. We went outside as he had instructed ...BUT after 15 minutes outside I began to lose my patience. So I returned inside and went up to that last one and asked him when did he think the Cashier would finally turn up as it was now over 90 minutes that we were waiting for one to arrive. He did not seem to care .. I then asked to whom should I make a formal complaint – another officer approached and apprised himself of what was going on and what my complaint was. He asked the others who was the absentee cashier – then went up to a telephone on a desk and made a phone call. He then told us that the cashier would be arriving shortly. Soon after we noticed a blonde woman in uniform approaching – this was finally the cashier who should have come on duty at 9.00 PM – exactly 40 minutes late for duty. She approached the locked door and pulled on the handle. The previous very conscientious teller had obviously locked the door when he

went off duty and this one had arrived without getting the key ... she hence returned from whence she had come reappearing a few minutes later with the key to the door. I just placed my receipt and money on the counter – she took them – just stamped each page and handed me back the top page and my documentation of the boxes. The other gentleman handed over his documents and a \$100.00 bill which she refused saying he had to have exact change. He proceeded to empty his pockets and produced \$9.50 ... as I left I heard her tell him that she had no change and that he had to produce the exact amount to which he responded that it was her problem and in that case she would have to accept the \$9.50 as that was all he had as change. I assume that she accepted as he arrived soon after me to collect his boxes.

I was wondering if all my belongings and gifts etc. in the boxes were all there intact after the trip to Shanghai, storage and the consequent re-shipment and voyage via London en route to Port-of-Spain I had prepared a detailed list and was happy that nothing was missing or broken - so a point in favour of British Airways Cargo system.

In order to reward my niece and her husband for enduring the ordeal with me I had to make pizzas for them – so they were able to appreciate the quality of the Polpapiu Cirio which was delicious on the Pizza Margherita and the ones with aubergine and peperoni. I firmly refused to put any pineapple on the one with peperoni!!! But I could not stop them from putting tomato ketchup on the one with potato slices . ... you just cannot win - it is a lost battle trying to convince them that in Italy they do not put ketchup on pizzas but only genuine tomato sauce. and herbs ... so I gave up on that one ■

# Food and lifestyles - people making choices

*Peter Steele*

Everyone wants to share in that development dream and, according to recent UNDP reporting, the majority of people worldwide are well on their way of achieving it. In the race to develop, however, previous lifestyles and the systems upon which they were once based are being abandoned. Urbanization of human society across the globe is leading change concerning choice of foods and traditional methods of food preparation.

On micro-scale there may be value with the resilience of these earlier systems – for those who fail to develop, fail to invest, remain ill-informed and/or fall outside modern trends of socio-development. The next generation – living in that town or city, providing services or manufacturing, earning a salary and exploring those personal responsibilities with freedom from archaic systems – is far too busy looking forward to be concerned about the past.



*Street foods Lusaka.* The woman on the pavement preparing her maize cobs over a small charcoal stove and offering them to the passing trade can still be found, but she's rapidly losing out to the convenience, image and pleasure of potato chips.

## Justifying those changes

The sea-change in eating preferences, foods available and

food preparation techniques and equipment that has taken place during my lifetime continues

apace; as a reflection of the choices available to my parents when feeding their growing family, and the choices that my wife and I make today. As people gain wealth opportunities change – that’s obvious, but they typically change for the better; better foods, improved nutrition, healthier populations and more interesting lifestyles.

This raises issues for the meaning,

and understanding, of *traditional* methods of food preparation; and, further, of the value – real or supposed – for continuing to promote them into the next period. There is always this inbuilt supposition that ‘*mother knew best*’ when it came to food preparation and what was practiced before should continue to be promoted. Why is this?



*Future choices.* Like it or not, time is increasingly of the essence and urban living means making changes that are not always compatible with previous lifestyles. The resilience of rural communities becomes lost as people shift to a place in one of the national mega-cities. By 2100 estimated 80% humanity will live in cities; eating modern foods prepared with use of modern technologies and energy resources.



***Bollywood movies.** Indian-made movies have followed the Indian diaspora around the world servicing 25% of global populations with commercial value close to US\$3B. They project story lines of unrelenting escapism that offer change to ordinary people everywhere - the young couple finding themselves - and dreaming of their middle class future as the movie ends. Credit: Times Internet Ltd.*

We no longer live in a Nineteenth century world; and my mother's culinary knowledge and expertise largely reflected the energy resources, technologies, access to a garden and basic shops, poverty and life-styles of her time as a girl growing up in the early Twentieth century – and learning how to use those Nineteenth century foods and techniques familiar to *her* mother. You can easily summarize the situation: basic and labour-intensive methods resulted in wholesome,

but largely uninteresting, foods.

## Urbanization

So what's changed during the past 50 years; and more so during the past 20 years? In a couple of words: the 'Middle classes' have been discovered everywhere. Once a feature of the industrial countries, this particular group of people can now be found in all kinds of places where they were once least expected; meaning wherever stability has

provided people with opportunities for investing their time, intellect and lives. Middle class people invest in their society; and this comes from the opportunities provided by a reasonably capable government and a buoyant economy.

Check out the report from UNDP<sup>1</sup> of March this year, and their projections of around half the world's people expected to join the 'middle classes' by 2020, and ponder the ramifications of more than one million households worldwide with an income of >US\$20,000 annually (60% of which will be in Asia). The report lists Laos, Mongolia and Bangladesh in addition to India and China. Elsewhere Turkey, Rwanda, Ghana, Mexico and others are shown – in total >30 countries currently considered within that rather out-dated descriptor 'developing countries' will have shifted appreciably up the socio-economic scale.

And then project forward a few more years to 2030 when estimated 80% of the world's population of middle class people

will be expected to be living in those same developing countries. And it doesn't stop there – for the report suggests these same national governments will, collectively, hold more than twice the financial reserves of the industrial countries; in total close on US\$7 trillion. Consider the impact that this will have on social development – healthcare, education, empowerment of women and more; and the juxtaposition that this will bring to global investment, decision-making and more.

### Food and the middle classes

And, in the context of what those new middle classes may require, issues of traditional food choices and preparation may have little relevance. The people will choose - just as my family and I now eat on the basis of a world that is more inter-connected, wealthy and able to take account of value, human health and lifestyles. If they had been alive today, my parents would have been overwhelmed with the choices available.

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<sup>1</sup> UNDP report. There is a useful summary at: <http://www.mcclatchydc.com/2013/03/un-predicts-huge-expansion-of.html>.



*Supermarkets dominate neighbourhood trading; and change society shifting people from local food networks to those that span the region but, by doing so, they boost choice, improve quality and introduce novelty. Efficient supply matches (and stimulates) patterns of demand, providing opportunities that can overwhelm traditional markets, shops and traders with limited vision and few resources. Supermarkets are the natural domain of the middle classes.*

The rise in middle income people can be found everywhere, and these are the people driving change – choice of foods, where they are obtained, the way they are prepared, where they are eaten and, importantly, how much is eaten. The potential impact upon nutrition and security is largely beyond a brief overview but, as with all aspects of human life, there will be winners and losers involved. Obese and overweight people can now be found in most of the low-income

countries; people are susceptible to the power of commercial advertising, the lure of those international brand names and the images of those popular public figures from television, films and the Internet – just as they are everywhere. How many Bollywood movies feature overweight leading characters – dancing would be a real challenge.

Watch the kids come out of school in urban Lusaka, for



example, and head straight to that kiosk on the street corner and, five minutes later, watch those same kids standing around joking and laughing and, importantly, sharing half-dozen packets of potato chips between them.

### Innovation and technologies

People invest in their families and

homes and, crucially for well-being, to the motivation and aspiration that result from the example of others. Modern communication technologies have linked communities everywhere – and there is no going back on this one. Similarly food preparation, processing, storage and handling techniques now impact upon people everywhere and, leading change of this kind, is the impact of



***Diesel trucks.** Shift from small-scale community-based self-contained food production and modern society shifts to dependence upon diesel trucks. Wherever you live in the world, there are trucks shifting raw and processed foods on behalf of producers and consumers. This one was working the Walvis Bay to Lusaka run.*

the supermarket; once the domain of the industrial countries, but now found in all communities everywhere. *Supermarkets drive change.*

Fail to adapt, follow change, take advantage of innovation and people will remain captive to the disadvantages of earlier systems. Renewable energy, for example, may resonate as desirable but when this is typified by use of fuelwood, agro-wastes or livestock manure in the home they perpetuate existing environmental and health risks, and the degradation and poverty of countless lives lost by the girls and women responsible for feeding their families. Everyone appreciates power from the flick of an electrical switch. Electricity provides access to modern food preparation equipment in the home, shop or factory; few would voluntarily surrender use of their micro-wave ovens, toasters, grinders, mixers and similar to revert to the manual equipment of earlier times.

### Carrying the insecure forward

This, however, is not forgetting the estimated 20% of the world's population that continues to remain food insecure and the widening

gaps between the rich(er) sectors and the rest in most societies. (*Check out the Gini Index in your country.*) In many cases, those people are no longer the starving images of food insecurity, emaciated kids and death marches that remain within living memory for many of us, but they currently represent the better part of half the world's people who have failed to link into the expanding middle classes. Herein is continuing need for social investment in safety nets that will help stimulate the natural drive of people to better themselves, and provide the basis with which they can do so.

### Modern communications

Vulnerable people of this kind continue to impact given access to modern communications – and particularly television and the use of social networks that link and inform. And, whilst the trend with reducing global poverty is encouraging, natural calamities (and more significantly) those that result from inept socio-political management can impact immediately and quickly destroy previous stable systems. Global reporting kicks in to inform everyone, but this does not always deliver the results required ■

# Georgia and Armenia: Crossroads of Europe and Asia

Tony Grey

This is the Caucasus in all its historical complexity. You can explore the traditions and customs of >50 ethnic peoples who live there, the dozen or more languages that they use and the 17 micro- and small-states within which they group themselves – most of which are not recognized as independent states - and relate this to the continuing rivalry between Russia and Iran for regional domination.

Alternatively, you can take the easier option, and relate back to Greek mythology and the role of the Caucasus with supporting one of the



*Relief.* The region divides easily into two: Ciscaucasus and Transcaucasus, respectively, north and south with the greater proportion of the highlands in the north. The main range - Greater Caucasus Mountains – is generally recognized as the natural divide between Europe and Asia. At 5,642 metres, Mt. Elbrus north of the Russian-Georgian border is considered the highest point in Europe.

pillars of the known world of the time. Check out the stories and you'll see that Prometheus was chained there by Zeus (and his liver eaten by an eagle) as punishment for his refusal to share the 'secret of fire' with people. For the casual visitor, however, the delight of the people and their traditions dominates.

## Lands on the edge of Europe

Georgia and Armenia extend south from the Caucasus mountain range formed by the collision of the Arabian and Eurasian tectonic plates. This is an ongoing process with the region being in an earthquake zone and dotted with mainly extinct volcanoes. Continuing uplift is evidenced by steep and deep river gorges.



*Stalin's birthplace.* The house in Gori Georgia, where Josef Stalin was born in 1878, but what you don't see in the picture is the mausoleum within which this house is now located; the massive masonry edifice that envelops it. Whilst the man remains an enigma for many Georgians – with the country becoming substantially pro-western since independence – the larger-than-life statue that dominated the town for >55 years was taken down in 2010. Local support for this leading world figure of a bygone age is fading as the generation he represented passes into history.

## Georgia

Georgia borders a series of Islamic states within the Russian Federation including Chechnya on its Caucasus watershed frontier to the north. To the east it borders Azerbaijan and to the south Turkey and Armenia. Georgia includes a part of the Black Sea coast with the port of Batumi. It has been occupied variously by Greeks, Romans, Persians, Ottoman Turks and, from the Eighteenth century to 1991, by Russia.

In 2008 Georgia lost a brief war with Russia losing its autonomous districts of Abkhazia and South Ossetia. The country produces fine wines and other agricultural products. Evidence of crumbling tenement blocks, mining and manufacturing installations (many abandoned and others highly polluting) can be seen in both countries dating from the Soviet era.

Josef Stalin was born in Gori where his birthplace and the fascinating Stalin Museum should be visited. The capital Tbilisi is losing its traditional balconied houses to modern city centre development, but the Ottoman Turkish baths sited at a sulphurous hot spring are among several interesting places to visit. Georgia is mainly Orthodox by religion with other minorities present.

Tourism should become a major industry in the future with spectacular scenery, ancient monasteries in craggy places and a ski resort to attract visitors, including skiers from Russia and religious pilgrims from the Ukraine. The infrastructure in both countries needs serious improvement with many roads badly pot-holed.

## Armenia

Armenia is bordered to the north by Georgia, to the east and south-west by Azerbaijan and to the south by Turkey and Iran. The only open borders are with Iran and Georgia, the latter providing a transit lifeline to Russia with whom relations are good (Cyrillic shop and road signs can still be seen, and many Armenians seek work in Russia).

Armenia is landlocked. In 1993 Armenia defeated Azeri forces and annexed the enclave of Nagorno-Karabagh. The borders with Azerbaijan remain closed. Turkey remains a traditional enemy for Armenia with a closed border (though a single crossing point has been mooted). Armenia boasts spectacular scenery including snow-capped volcanic peaks and the huge caldera lake of Sevan famous for its fresh fish.

The population mainly follows the Armenian Apostolic church with ancient monasteries and churches well worth visiting. The capital Yerevan is within sight of Mount Ararat, once in the historically much larger country of Armenia and now in Turkey. Fine cognac is Armenia's most famous product. Tourism should be a growth industry in the future while both countries need to move on from historical local and regional enmities, and from the legacy of old Soviet industry.



*Soviet industrial legacy. Wherever you travel in Russia and the lands of the ex-Soviet empire, there is no escaping the extensive areas of industrial plant, pollution and environmental damage sometimes surrounded by wild lands of unspoiled natural beauty. The picture shows archaic and obsolete copper mines in Armenia. The Soviet legacy cannot easily be changed, however given economic dependency, livelihoods and lack of investment involved.*



Giornata mondiale dell'alimentazione

# Hunger run

FERMIAMO LA CORSA DELLA FAME LET'S STOP HUNGER IN ITS TRACKS

2013

20 ottobre Roma

Terme di Caracalla

Ritrovo ore 8.30. Partenza ore 10.00.

Photo: © FAO/A. Benedetti



10 km di **corsa competitiva**  
e 5 km **non-competitiva**



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ROMA CAPITALE

## Piña-Abaca-Banana Go to Rome

From the Philippines, a 3-day Exhibition and Fashion Show to showcase Philippine artistic creativity using Piña, Abaca and Banana fibers in haute couture fashion, ready-to-wear, fashion accessories, table linens, handkerchiefs, doilies, bags, table napkins and other industrial uses.

The show aims to open investment opportunities for Fil-Italians in growing the production of Pina-Abaca-Banana fibers in the homeland. And, assist Filipino farmers increase production of the natural fibers while encouraging the use of "green" farming methods.

Additionally, it also challenges the 2nd generation Fil-Italians fashion and industrial designers to apply Philippine fabric in western modalities, giving new look to the use of the fiber not seen before.

And finally, the event targets to inspire Italian textile and fashion establishments in using Filipino natural fibers for local use.

Where: Aranciera di San Sisto  
Via Valle delle Camene 11, ROME

Admission free. Daily raffle will be held during the exhibition days.  
Nightly special events.

When: 18 – 20 October 2013



*Obiso*  
JAN MICHAEL OBISO

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## Piña-Abaca-Banana a Roma

Dalle Filippine, una Mostra di 3 giorni e una Sfilata di Moda che presentano la creatività artistica nell'utilizzo di fibre come Piña, Abaca e Banana in moda haute couture, prêt-à-porter, accessori di moda, tovaglie, fazzoletti, centrini, borse, tovaglioli ed altri usi industriali.

L'obiettivo della mostra è di promuovere l'investimento per gli Italo-Filippini per ampliare la produzione delle fibre Piña, Abaca e Banana in patria. Inoltre, di sostenere i contadini Filippini per l'incremento della produzione delle fibre naturali, incoraggiando l'uso di metodi di coltivazione sostenibile.

Per di più, essa mira anche a stimolare la seconda generazione di designer di moda Italo-Filippini ed industriali di utilizzare fibre filippine nei metodi occidentali, dando un aspetto nuovo all'uso della fibra mai vista prima.

E finalmente, l'evento punta a ispirare le imprese di tessuti e di moda ad utilizzare le fibre naturali filippine per uso locale.

**Dove: Aranciera di San Sisto  
Via Valle delle Camene 11, ROMA**

**Ingresso libero. Si terrà una lotteria giornaliera nei giorni delle esposizioni. Eventi speciali serali.**

**Quando: 18 - 20 ottobre 2013**

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*Oliso*  
JAN MICHAEL OBISO

# Ikebana workshop (free) on Tuesday 24 September 2013 and Ikebana courses starting 1 October 2013 Room E-021 – FAO Staff Coop

*led by Bhwna Maru*

## Ikenobo School



**T**he history of ikenobo is the history of ikebana. Ikebana began with Ikenobo and although over 500 years others schools have branched

off from Ikenobo, Ikenobo is said to be the origin of ikebana. Ikenobo's history encompasses both the traditional and the modern, the two continually interacting to encourage new development in today's ikebana.

People in every era have loved flowers, but our predecessors in ikebana felt that flowers were not only beautiful but that they could reflect the passing of time and the feelings in their own hearts. When we sense plant's unspoken words and silent movements we intensify our impressions through form, a form which becomes ikebana.

Ikenobo considers a flower's bud most beautiful, for within the bud is the energy of life's opening toward the future. Past, present, future ... in each moment plants, and humans, respond to an ever-changing environment. Together with plants, humans are vital parts of nature and our arranging ikebana expresses this awareness.

Like a poem or painting made with flowers, Ikenobo's ikebana expresses both the beauty of flowers and the beauty of longing in our own hearts. Ikenobo's spirit has spread not only in Japan but throughout the world. It is my deepest hope that the beauty of Ikenobo will increasingly serve as a way of drawing the world's people together.

— Sen'ei Ikenobo, 45th Generation Ikenobo Headmaster

**Ikebana** (いけばな) is Japanese style flower arrangement. However, ikebana is more than arranging flowers. It is also an art form with more than 550 years of history. Through ikebana, we find



a path to understand the nature and ourselves, an artistic way to communicate with others, a way to achieve inner peace, and a way to express our creativities.

Here is how the headmaster of Ikenobo School, Sen'ei Ikenobo, describes ikebana:

"In ikebana, we 'arrange' flowers rather than merely 'inserting' them. 'To arrange' means to bring out the inherent beauty of the flowers and, at the same time, to bring out the beauty of one's own spirit. When we arrange, we entrust to flowers our search of an ideal beauty. Ikebana is an expression of harmony with the season, the heart of the viewer, and the environment in which it is placed.

Through arranging ikebana we experience a beautiful perfection. With branches and flowers before us we find our thoughts focused on arranging. We are released from the complexities of daily life and enter a world of beauty. With our natural environment threatened, such a communication with nature is especially important.

The Japanese, whose aesthetic sense has been fostered in beautiful natural surroundings, appreciate life even in a single flower in the midst of a city of skyscrapers, and sense the precious movement toward the sun of shoot springing from a crack in the pavement. Ikebana brings us subtle impressions, discovery, and joy which cannot be outshone by even the most dazzling display of wealth. Through ikebana, we discover that wondrous beauty exists even in familiar surrounding."

- From "The book of Ikebana" by Sen'ei Ikenobo



The free Ikebana Workshop will be held on. **Tuesday 24 September 2013** and the **new series of Ikebana icourses, will begin on Tuesday 1 October 2013** The courses will be held on Tuesdays between 12.00 and 14.00 hrs. **For the month of October ONLY the cost will be €15.00 per lesson provided you sign up for four (4) lessons. The deadline to register for the free Wrkshop is Friday 6 September.**

**For information and registration in the Workshop and Courses contact the FAO Staff Coop Office 9.00 – 13.30 hrs daily.** Coordinator of Ikebana courses is Ms Edith Mahabir.



*Dry Cleaning Service  
will be closed  
From Friday ninth August  
to Wednesday twentyeight august*



*Garment Repairs Service  
will be closed from  
ninth August  
to second of september*

## Cocktail Mojito

*from FAO Staff Coop Cooking Fantasy*

### Ingredients

*1/2 tsp sugar  
7.5 ml lime juice  
fresh mint leaves  
fizzy mineral water  
45 ml Havana club white rum*



### Method

*In a big glass or tumbler dissolve the sugar in the lime juice, add the mint leaves and fill with chopped ice. Pour in the white rum and complete with fizzy water. Mix and serve.*

## Sorrel karkade

*from FAO Staff Coop Cooking Fantasy*

### Ingredients

*60 gr dried sorrel  
sepals (karkade)  
6-8 cloves  
4 cm dried orange peel  
2 litres boiling water  
50 ml rum (optional)  
sugar (according to taste)  
1-2 slices fresh root ginger\* (optional)*



### Method

*Place the dried sorrel sepals (karkade) in a jar or large ceramic bowl together with the cloves, ginger and orange peel. Pour the boiling water over the sorrel. Cover and allow to stand for 24 hours. Strain and sweeten the liquid as desired (very sweet in the Caribbean) ; stir in the rum).*

*Bottle and refrigerate. Serve chilled or with ice \* Jamaican addition*

# Linguine pasta with mussels

from FAO Staff Coop Cooking Fantasy

## Ingredients:

300 gr linguine pasta  
Or spaghetti)  
1 Kg cleaned mussels  
3 cloves garlic,  
Crushed  
300 gr tomato pulp  
Basil and parsley  
(fresh)  
Olive oil  
1 glass white wine  
Dried hot pepper  
Salt  
Black pepper



## Method

After scraping off impurity from the mussels shells, wash them thoroughly, place in a large pan or casserole and open over very high heat (about 3-4 minutes). Reserve half of them with shells and remove the remainder from the shells; also reserve one glass of the white liquid which would have deposited on the bottom of the pan.

In the meantime cook the linguine in abundant salted water.

Heat 8 tbsp olive oil in a large pan and fry the crushed garlic until blonde in colour, add the tomato pulp, basil, parsley, salt and hot pepper, mix well together. After 2 minutes add the mussels, the reserved liquid and the wine and cook together for about 10 minutes stirring occasionally. The sauce should be quite reduced by then but not dry. When the linguine are cooked, strain and cover with the above sauce and mussels, add some freshly grated black pepper and mix well. Sprinkle the top with chopped parsley and serve immediately. Serves 5-6 persons.

# Armenian nutmeg cake

from FAO Staff Coop Cooking Fantasy

## Ingredients

- 2 cups brown sugar
- 2 cups self-raising flour
- 125 gr butter
- 1 egg
- 1 cup milk
- 1/4 tsp vanilla essence
- 1 level bicarbonate of soda
- 3 level tsps grated nutmeg
- chopped nuts or walnuts



## Method

Combine sugar and flour in a bowl. Rub in the butter until the mixture resembles fine breadcrumbs. Place half of the mixture into a greased 23 cm round cake tin. Reserve the other. In a separate bowl beat the egg and vanilla together. Mix the bicarbonate soda into the milk, add to the egg mixture. Add to the remaining half of the original mixture, with the nutmeg. Pour this over the rest of the mixture in the cake tin. Sprinkle with the chopped nuts. Bake in a hot oven at 180° C for about one hour. Leave in tin to cool.

